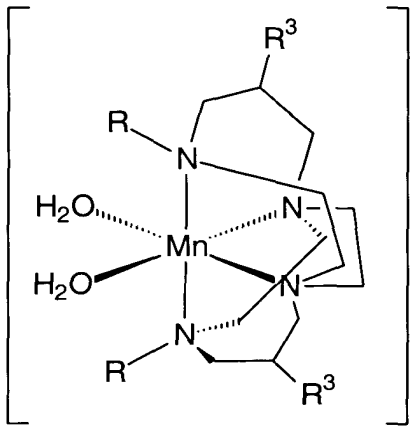
1. A method for providing an enhanced magnetic resonance image contrast of human or animal vascular tissue, nephric tissue or a combination thereof; said method comprising the steps of:

1.) administering to a human an effective amount, of a composition comprising:

a.) from about 0.01% to about 99.99% by weight, of a 1,4,8,11-tetraaza-bicyclo[6.6.2] hexadecane manganese (II) complex magnetic resonance imaging agent selected from the group:

i)



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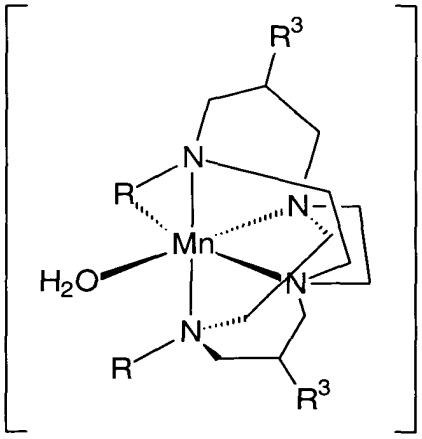

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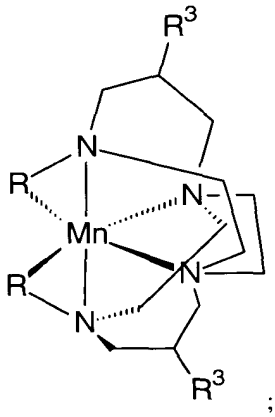
iii)



;

iv) and mixtures thereof;

wherein each R is independently selected from the group consisting of:

i) C_1-C_{18} hydrocarbyl;

ii) $-(CH_2)_nCO_2-$;

iii) $CH_3(CH_2)_nCO-$;

iv) $-(CH_2)_nR^1$;

v) $-(CH_2)_nOPO_3^-$;

vi) $-[(CH_2)_nOPO_3R^2(phenyl)_2]^-$;

R^1 is hydroxyl, 2-hydroxyphenyl, 2-pyridyl, 2-furfuryl, and mixtures thereof; R^2 is C_1-C_{12} linear, branched, or cyclic alkylene;

R^3 is selected from the group consisting of:

i) hydrogen;

ii) C_1-C_{18} hydrocarbyl;

iii) -OH;

iv) $-(CH_2)_mCO_2-$;

v) $-O(CH_2)_mCO_2-$;

vi) and mixtures thereof;

the indices m and n have the value from 0 to about 10; X is a pharmaceutically compatible anion in sufficient amount q to provide electronic neutrality; and

b.) the balance carriers and other adjunct ingredients; and

2.) imaging said human or animal's vascular tissue, nephric tissue or a combination thereof.

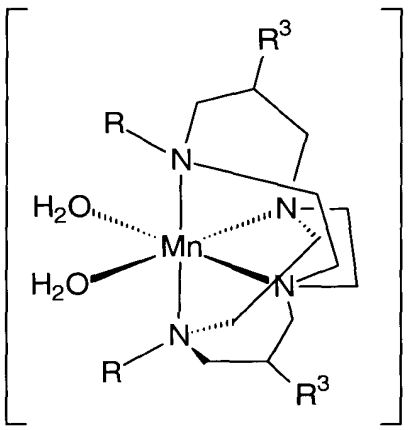
2. A method according to Claim 1 wherein the serum blood levels of said agent is from about 0.001 moles to about 2 moles per liter.

3. A method for providing an enhanced magnetic resonance image contrast of human or animal vascular tissue, nephric tissue or a combination thereof; said method comprising the steps of:

1.) administering to a human or animal an effective amount of a composition comprising:

a.) from about 0.01% to about 99.99% by weight, of a 1,4,8,11-tetraaza-bicyclo[6.6.2] hexadecane manganese (II) complex magnetic resonance imaging agent selected from the group:

i)



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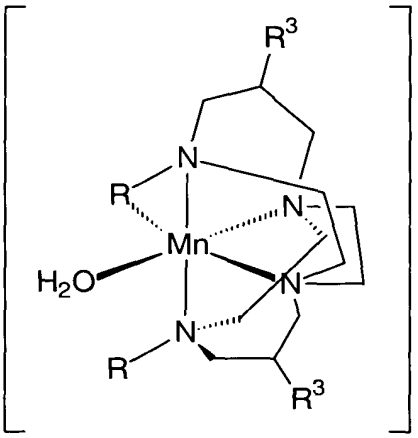
ii)



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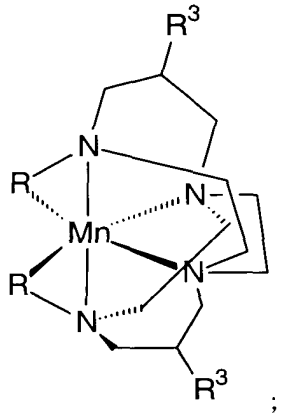


;

iv) and mixtures thereof;

wherein each R is independently selected from the group consisting of:

i) C_1-C_{18} hydrocarbyl;

ii) $-(CH_2)_nCO_2-$;

iii) $CH_3(CH_2)_nCO-$;

iv) $-(CH_2)_nR^1$;

v) $-(CH_2)_nOPO_3^-$;

vi) $-[(CH_2)_nOPO_3R^2(phenyl)_2]^-$;

R^1 is hydroxyl, 2-hydroxyphenyl, 2-pyridyl, 2-furfuryl, and mixtures thereof; R^2 is C_1-C_{12} linear, branched, or cyclic alkylene;

R^3 is selected from the group consisting of:

i) hydrogen;

ii) C_1-C_{18} hydrocarbyl;

iii) -OH;

iv) $-(CH_2)_mCO_2-$;

v) $-O(CH_2)_mCO_2-$;

vi) and mixtures thereof;

the indices m and n have the value from 0 to about 10; X is an pharmaceutically compatible anion in sufficient amount q to provide electronic neutrality; and

b.) the balance carriers and other adjunct ingredients; and

2.) sustaining said effective amount of MRI agent for a period of time exceeding one hour; and

3.) imaging said human or animal's vascular tissue, nephric tissue or a combination thereof.

4. A method according to Claim 3 wherein at least one R unit comprises $-(CH_2)_nCO_2-$, and n is from 1 to 4.

5. A method according to Claim 4 wherein n is 1.

6. A method according to Claim 3 wherein each R unit comprises $-(CH_2)_nCO_2-$, and n is from 1 to 4.

7. A method according to Claim 1 wherein the tissue that is imaged comprises vascular tissue.

8. A method according to Claim 1 wherein the tissue that is imaged comprises nephric tissue.

9. A method according to Claim 2 wherein the tissue that is imaged comprises vascular tissue.

10. A method according to Claim 2 wherein the tissue that is imaged comprises nephric tissue.

11. A method according to Claim 3 wherein the tissue that is imaged comprises vascular tissue.

12. A method according to Claim 3 wherein the tissue that is imaged comprises nephric tissue.

13. A method according to Claim 4 wherein the tissue that is imaged comprises vascular tissue.

14. A method according to Claim 4 wherein the tissue that is imaged comprises nephric tissue.

15. A method according to Claim 5 wherein the tissue that is imaged comprises vascular tissue.

16. A method according to Claim 5 wherein the tissue that is imaged comprises nephric tissue.

17. A method according to Claim 6 wherein the tissue that is imaged comprises vascular tissue.

18. A method according to Claim 6 wherein the tissue that is imaged comprises nephric tissue.

19. A method according to Claim 1 wherein the tissue that is imaged consists essentially of vascular tissue.

20. A method according to Claim 1 wherein the tissue that is imaged consists essentially nephric tissue.

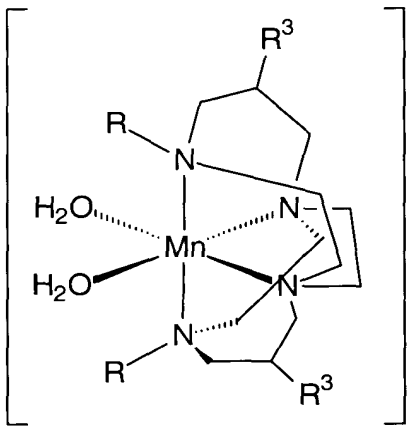
21. A method according to Claim 3 wherein the tissue that is imaged consists essentially of vascular tissue.

22. A method according to Claim 4 wherein the tissue that is imaged consists essentially nephric tissue.

23. A solid pharmaceutical composition comprising:

a) from about 0.01% to about 99.99% by weight, of a 1,4,8,11-tetraaza-bicyclo[6.6.2] hexadecane manganese (II) complex magnetic resonance imaging agent selected from the group:

i)



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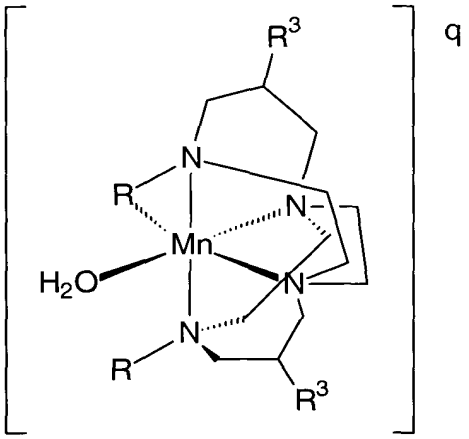

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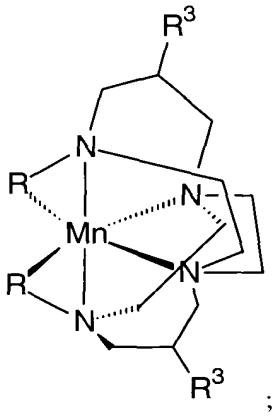
iii)



;

iv) and mixtures thereof;

wherein at least one R unit comprises $-(CH_2)CO_2-$, and the remaining R is independently selected from the group consisting of:

i) C_1-C_{18} hydrocarbyl;

ii) $-(CH_2)_nCO_2-$;

iii) $CH_3(CH_2)_nCO-$;

iv) $-(CH_2)_nR^1$;

v) $-(CH_2)_nOPO_3^-$;

vi) $-[(CH_2)_nOPO_3R^2(phenyl)_2]^-$;

R^1 is hydroxyl, 2-hydroxyphenyl, 2-pyridyl, 2-furfuryl, and mixtures thereof; R^2 is C_1-C_{12} linear, branched, or cyclic alkylene;

R^3 is selected from the group consisting of:

i) hydrogen;

ii) C_1-C_{18} hydrocarbyl;

iii) -OH;

iv) $-(CH_2)_mCO_2-$;

v) $-O(CH_2)_mCO_2-$;

vi) and mixtures thereof;

the indices m and n have the value from 0 to about 10; X is an pharmaceutically compatible anion in sufficient amount q to provide electronic neutrality; and

b) the balance comprising a pharmaceutically acceptable, solid inert filler.